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The statements and notations in this report have been abstracted from 12 interdisciplinary conferences conducted on subjects related to social and environmental variables as determinants of mental health plus one conference on recreation. This summary reflects the essence of statements that may have a direct or indirect bearing on considerations and criteria useful for the design and planning of facilities for human occupancy. Classification of statements as identified in the table of contents has been developed by the abstractor to represent a form to facilitate reference by architects and planners or students in these fields. The statements contained in the summary represent a significant beginning point in a process which may ultimately evolve valid criteria useful when planning for the needs of individuals, groups, or societies. The contents should provide useful subject outlines for student discussions related to designing for human needs, provide reference to subjects to be covered in class lectures or the abstracts could be appropriate for individual study and reference by architectural designers and planners. (RK)

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CONSIDERATIONS OF SIGNIFICANCE
TO ARCHITECTS AND PLANNERS
abstracted from
NATIONAL INSTITUTE OF
MENTAL HEALTH CONFERENCES
on
SOCIAL AND ENVIRONMENTAL VARIABLES AS
DETERMINANTS OF MENTAL HEALTH

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U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
OFFICE OF EDUCATION

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CONSIDERATIONS OF SIGNIFICANCE TO ARCHITECTS AND PLANNERS
abstracted from
NATIONAL INSTITUTE OF MENTAL HEALTH CONFERENCES
on
ENVIRONMENTAL VARIABLES AS
DETERMINANTS OF MENTAL HEALTH
with
Meetings arranged and Chaired by
Dr. Leonard J. Duhl

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To:

The Pennsylvania State University
University Park, Pennsylvania

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PROJECT PROCEDURE:

The statements and notations in this report have been abstracted from 12 inderdisciplinary conferences conducted on subjects related to "Social and Environmental Variables as Determinants of Mental Health" plus one conference on the subject of "Recreation".

It is the intent of this summary to reflect the essence of statements that may have a direct or indirect bearing on considerations and criteria useful for the design and planning of facilities for human occupancy. Classification of statements as identified in the table of contents has been developed by the abstractor to represent a form to facilitate reference by architects and planners or students in these fields.

Caution should be exercised by the reader in accepting any statement contained herein as an absolute doctrine. The statements reflect present thinking of one or more individuals and most are subject to qualifications which have been omitted from the abstracts and must be considered as implied by the reader.

As such, the statements contained in the summary represent a significant beginning point in a process which may ultimately evolve valid criteria useful when planning for the needs of individuals, groups, or societies. The contents should provide useful subject outlines for student discussions related to designing for human needs, provide reference to subjects to be covered in class lectures or the abstracts could be appropriate for individual study and reference by architectural designers and planners.

EXPLANATION OF CLASSIFICATION:

The table of contents identifies the subjects of major sections A through R. Many of these major sections are further sub-classified on the blue index sheets within the body of the report. For all identified factors bearing on a specific problem it will normally be necessary for the user to refer to information found in more than one section and because of this the user should first become generally familiar with the type of information included in each section.

CONFERENCE PARTICIPANTS AND OBSERVATIONS . . . . SECTION A

(a) Conference Participants and Disciplines Represented
(b) Observations

CONFERENCE PARTICIPANTS

NAME	SPECIALTY	CONFERENCE								
		1	2	3	4	5	6	7	8	*
Bauer, Catherine (Miss)	City Planning									
Blum, Henrik (Dr.)	Public Health Officer									
Buchanan, Scott (Dr.)	Philosopher, Educator									
Calhoun, John B. (Dr.)	Animal Ecology									
Caspari, Ernest W. (Dr.)	Geneticist									
Connery, Robert H. (Dr.)	Political Scientist									
Deevey, Edward S. (Dr.)	Biology: bog ecologist									
Deutsch, Albert (Mr.)	Journalist									
Duhl, Leonard J. (Dr.) (Chairman)	Psychiatry									
Fried, Marc (Dr.)	Social Psychologist									
Gans, Herbert J. (Dr.)	Sociologist									
Gladwin, Thomas (Dr.)	Anthropology									
Goe, Robert (Mr.)	Journalist									
Goffman, Erving (Dr.)	Sociology									
Henschel, Austin (Dr.)	Environmental Psychology									
Hollingshead, August B. (Dr.)	Sociology									
Isaacs, Harold (Mr.)	International Studies									
Jahoda, Marie (Dr.)	Social Psychology									
Jackson, John B. (Mr.)	Geographer									
Kennedy, Robert (Mr.)	Architect									

Lindemann, Erich (Dr.)	Preventive Psychiatry
Meier, Richard (Dr.)	Chemistry, Social Planning
Meiklejohn, Alexander (Dr.)	Educator, Philosopher
Miniclier, Louis (Mr.)	Community Development
Perloff, Harvey (Dr.)	Economist, Planner
Poston, Richard (Mr.)	Community Organization
Rashevsky, Nicholas (Dr.)	Mathematical Biology
Rostow, Eugene (Dr.)	Lawyer
Schneirla, T. C.(Dr.)	Comparative Psychology
Seeley, John R. (Prof.)	Sociology
Snyder, Benson (Dr.)	Psychiatrist
Stewart, John Q. (Dr.)	Astro-Physics and Social Physics
Webber, Melvin (Mr.)	City Planner
Wilner, Daniel M. (Dr.)	Social Psychology, Public Health, Housing

VISITORS AND OBSERVERS:

Bloomfield, Byron (Mr.)	Architect
Buchanan, Douglas (Dr.)	Physician
Hamilton, James (Dr.)	Chemistry and Medicine
Shephard, Michael (Dr.)	Psychiatry

SPECIAL PARTICIPANT:
(in absentia)

Vickers, Geoffrey (Sir) (VC)	Lawyer

OBSERVATIONS . . . . A (b)

2 - p iii Observations from 1st conference:

1. Development of mutual understanding of terminology and points of view
2. Agreement that many aspects of the physical environment does modify behavior but knowledge of mode of influence is generally lacking
3. That planners desire rational formulations to use in developing physical facilities but scientists who are competent to develop such formulations have either failed to develop the requisite theories or have not phrased available concepts in a form useful to designers and planners.

3 - 1739 Interdisciplinary conferences such as these may do the following even if results, per se, are not directly useable by other groups.

1. Participants come to understand views of other disciplines.
2. Needed research may be identified.
3. New thinking may be generated.

Proceedings largely reflect how the participants feel about things, thus establishing areas for investigation and research.

MEASURING MENTAL HEALTH . . . .
SECTION B

(a) Characteristics
(b) Indicators
(c) Study items
(d) Indexes
(e) Research approach

CHARACTERISTICS . . . . B (a)

An earlier conference to identify positive aspects of mental health produced no statements contradicted by at least two other authorities.

Optimal mental health increases as health, education level and ability to communicate increases.

It resolves itself to perception of the individual . . . what may be good mental health for one person might not be for another.

There are physical, biophysical and biochemical aspects of mental health as well as psychological aspects. (Also, toxic psychosis, diseased conditions, lack of nutrition, vitamin shortage, etc.).

We probably do have situations where psychoneurosis occurs as a result of only psychological surroundings, but in other cases the cause may be chemical, such as lack of vitamins.

There are several qualitatively different mental diseases which makes it difficult to establish patterns of causes.

INDICATORS . . . . B (b)

Indicators of mental health:

1. creativity
2. happiness
3. ability to solve problems
4. family cohesiveness
5. husband-wife compatibility
6. school performance of children
7. interaction with neighbors
8. adjustment
9. pride in one's skills
10. love
11. aesthetic experience
12. appreciation for results of one's efforts
13. level of performance vs. aspirations.

B (b) con't.

Mental Health can be measured by willingness to solve problems or willingness to decide not to solve a problem at any given moment.

Indicators of Mental Health:

1. Role Satisfaction
    a. family orientation
    b. work
    c. peer group
    d. etc.
2. Account of agency services used by an individual (psychiatric, legal, social and welfare).

Suggested mental health factors to look for in a community:

1. Is it a happy or unhappy place?
2. Does everyone have a positive attitude toward getting along and doing things?
3. Failures:
    a. delinquency
    b. criminality
    c. gross mental illness (minor is hard to identify)
    d. disabling physical illnesses
4. Rate of turnover and length of stay
5. Method of selection of tenants or occupants.

Profile of Mental Health:

1. Attitudes toward one's self
2. Growth development and actualization
3. Integration
4. Autonomy
5. Perception of reality
6. Environmental masteries.

Attitudes toward self:

1. Correctness
2. Feelings about self
3. Sense of identity.

The "breaking point", establishing identity of mental illness occurs when the community or someone does something about the person because of his performance. (Different points for different groups and societies)

B (b) con't.

Meier seminars at Michigan are trying to establish differences between aspirations and present levels.

STUDY ITEMS . . . . B (c)

Items for study of mental health:

1. Creativity
2. Innovation
3. Invention
4. Signs of surging life
5. Gross pathology to the vital and integrated personality.

Level of income is a questionable indicator of happiness. (In the U. S. every man is expected to want to be a millionaire.)

Genetics would also be a factor related to mental health.

INDEXES . . . . B (d)

Hollingshead Index - measure of linear combination of three factors:

1. Occupation level
2. Residential scale
3. Education level.

(Scores increase with decreasing social position)

Hollingshead sample divided into 5 classes were studies for occurance of mental illnesses. (Significant relations were found.)

Valid conclusions are NOT yet to be drawn from Hollingshead data on basis of Rashevesky's theoretical work. (Establishing a mechanism for study)

One method of rating mental health is the 17 to 20 item HOS scale (Health Opinion Survey).

B (d) con't.

The implications of the analogy of a "yardstick" to measurement of mental health are likely not valid because relative mental health is not a linear quantity.

RESEARCH APPROACH. . . . . B (e)

Retirees and aged make a good group to study for variables as determinants of mental health since there are fewer interferences of employment tasks, etc.

Because standardization of some psychological testing scales has been misused does not mean that we should give up trying to perfect scales and tests.

CHARACTERISTICS OF INDIVIDUALS . . . . SECTION C

(a) General Characteristics
(b) Aspirations, Desires and Values
(c) Effects of Social Background
(d) Influences and Characteristics of the Society
(e) Crowding and Density
(f) Physiological Influences
(g) Stress, Tension and Communication Stress
(h) Problems of the Aged
(i) Suggested Research

GENERAL CHARACTERISTICS . . . . C (a)

Man possesses adaptive capacities which affect the way in which he reacts to environmental situations.

"What the environment is as a factor in mental health appears to depend upon the mental health of the perceiver."

G. Scott Williamson research seemed to verify that the physical environment, the social environment, the community and the person, are all aspects of physical and mental health.

If leisure is pleasurable and satisfying, it will enhance mental health.

Leisure and recreation are essential and important factors in achieving mental health or the good life, but they are not as important as: economic opportunity; security; positive family life; education; availability of a variety of primary and secondary group supports and the like.

1. There is a condition of good mental health.
2. There is a connection between good mental health and physical health.
3. Situations of sensory deprivation are conducive to hallucination and diminution of reality.
4. Over-stimulation is apparently intolerable.
5. There are physiological situations which are a product of the physical environment.

People are sometimes more amenable to education than they think they are.

More freedom of choice than the individual can handle (childhood on up) is bad for the development and mental health of the individual.

Ability to communicate is a desired freedom.

C (a) con't.

Two types of stimuli for humans:
1. Physical environmental influences such as climate, topography, distance, physical alterations, artifacts, etc.
2. Stimuli arising from other individuals. (Social Stimuli)

In earlier stages of development:
1. Play is a form of work . . . a way of mastering things they haven't yet learned to do.
2. Children use play as a symbolic expression for mastering things they haven't yet learned to do.

Rats have to learn to fight (or not fight). Humans too, between ages 5 and 8.

Aggression is learned when it is rewarded.

Exercise is beneficial for longevity, for good physical health — if it is regular!

Individuals respond to different situations with varying ethics (driving, sports, expense accounts, etc.)

When an individual enters a situation he makes a "perceptual adjustment".

The act of kindness is not always rewarded with gratitude but may, in fact, create resentment.

In planning it is important to provide not only privacy for the individual, but a region in which dyadic set-ups would be guaranteed.

Experiments suggest that contentment is the result of changes per se, and not so much the result of the comparative quality of the changes. (May tend to diminish relative importance of minor crises)

A single reason for a specific action is often offered as a rationale whereas the action may have been the result of many stimuli.

One type of individual can be classified as the "freedom-not-to-plan" type. He wants to be left alone.

"I want what I want when I want it! "

ASPIRATIONS, DESIRES AND VALUES . . . . C (b)

Probably, people are happy if they understand themselves and have some kind of goals.

Human "goals" may have an appreciable affect on reaction to stimuli, particularly when a multiplicity of "goals" exist.

"Values" are simply priorities in strategy of behavior. (Can be inherited or conditioned by rewards and punishments.)

The disparity of what a man is used to and what he expects can't be very great!

"Aspiration" level studies to date have left it in disrepute.

Validity of basic assumption that a conflict between aspiration and achievement as a cause of neurosis has not been proven.

Study of level of expected accomplishment vs. achievement may be better study technique than aspirations.

Possibilities of weighting aspirations:
What would a man do with his income (If increased)?

Rosen studies on "aspirations" indicate such levels to be higher in the higher classes than in the lower classes.

Many slum people have no aspirations toward upward social mobility but are completely absorbed in life interactions in their present society.

Communism in Russia is a classic example in human history of deliberate manipulation of level of aspirations.

Basic Inadequacies: (related to lack of satisfaction)

1. Lack of success experience
2. Lack of hope of gaining anything in the future by restraint now.

Some people want to be leaders so badly that they will take part in an activity that may ultimately hurt them. (Turned around, this motive can be used to advantage, e.g. elderly campaigning for flouridation.)

C (b) con't.

A very high percentage of creative people work in isolation . . . even do their work in the country, away from the cities.

The creative person receives his "input" from the reservoir of information in a large population potential situation.

Altruism is a form of egoism. (Makes one feel good)

What is leisure for one person is work for another.

"Play cannot be prescribed". (e.g. — 8 yr. old with a room full of toys may ask "what can I do that's fun?)

Objectives of leisure:
1. Relax
2. Forget daily routine
3. Explore new environments.

Ranking of the most important things to most people as based upon first interview.
1. Making a home
2. Raising a family
3. Leading a religious life
4. Other moral values

Ranking of less important things (on first survey).
1. Making money
2. Values of one's house
3. Kind of people or "class" they belong to

Later survey of some people tend to show a reversal to the rankings of the first survey.

A person should feel useful in his home — a sense of interdependency.

Studies with rats indicate a motivation that food satisfies not only hunger but a strong desire to be with another organism.

Mobile Home life may impart the feeling to individuals that they have opportunity to personally affect day to day changes. (Develops sense of importance, sense of contribution. . may bind the forces that make for mental stability and health.) These factors can be created in other forms of communities.

C (b) con't.

Too much freedom of choice for the individual may, in fact, be harmful. (Unproven except in rat studies.)

Individuals are generally concerned with personal matters . . . health, children, schools, work,shelter. . . rather than community problems.

"It is a striking thing that in a highly industrialized society where products can be bought that people take endless trouble to do things themselves and put up workshops."

Individuals are thought to need opportunity for participation in times of crises (e.g.-zoning crisis or other activity recognized as a threat to individuals in a community.)

EFFECTS OF SOCIAL BACKGROUND . . . . C (c)

People are highly reluctant to change their living habits.

Previous social experiences of individuals may have quite marked effects on their reactions to given situations.

The earlier habits are inculcated or conditioned, the stronger they become by the time the individual develops the ability of critical thinking.

When a child is taught to do things or not to do them, he acquires those habits which later on he doesn't even question. (Prejudice)

Attitudes of individuals toward ideas and others are often formed in the early contacts or experiences and subconsciously reflected through later years when conditions are no longer the same.

The amount and level of contact of individuals from different ethnic groups is positively related to attitude; the more intimate the contact, the more favorable the attitude.

For many persons, attitudes toward an ethnic group develop in the absence of personal contact with the ethnic group in question.

C (c) con't.

Experiences during maturation of organisms will establish actions so biasing that animals will die rather than seek a new environment in which they might continue to live.

Social isolation of individuals who have reached maturity as relatively isolated persons are much more endangered than persons who as youngsters might have an opportunity to learn a variety of roles.

Prejudice is, " basically a reaction to a particular situation without any preliminary logical analysis".

Perception is the consequence of experience.

Man's crisis may be resolved successfully only according to what system of concepts and attitudes he has gained through his social development.

Culture not only influences man's responses to particular physical stimuli but it also changes the environment. (Clothing changes dependent upon need to be protected from cold.)

Trends toward urbanization should provide the individual with as many familiar "cues" as possible. (The individual should be able to use as much of his prior experience as possible in adjusting to a new situation.)

INFLUENCES AND CHARACTERISTICS OF THE SOCIETY . . . C (d)

"Maximum satisfaction", an objective related to mental health, depends upon cultural conditions.

Psychological stimuli may upset a person such that he quits eating, jeopardizes his health, and becomes susceptible to mental breakdown because of the combination.

People live in a psychological world and are grossly influenced by such factors, such as religion. Such influences are "there" but not experimentally visible.

C (d) con't.

Contacts between humans must be considered as qualitative as well as quantitative. Physical environment affects, primarily, the latter.

The primary environment of most people in slum areas involves themselves and one or more other people. (e.g. - they become oblivious to paintings, books, or other factors that may make one surrounding different from another.)

Window-to-Window and Window-to-Street conversations are common in lower class groups. (Rather than direct visits inside apartments.)

Yorkville studies demonstrate that individuals indicating that they are "worried about their jobs" are in the best mental health groups.

There is an astigma connected with being identified as mentally ill.

Individual pride comes from thinking that one's community is a place to grow . . . not just live !

Many management personnel want to live in a town large enough that they will have "equals" with whom to talk and discuss.

There isn't much time available for leisure activities in the home. Most activities are not private and therefore, to become ready for "public" activity, the demands on amount of education, training and homework are probably greater now than ever before.

With the separation of various parts of one's life, unrelated to each other, might internal conflicts develop? (Cause mental health problems?)

"Weekend neurosis" is a problem among some professional people whose work week is very pressing and exciting. It is more serious if they live in small communities with scarce recreation and companionship opportunities.

Normal profit seeking interests may induce stress on various individuals in society.

CROWDING AND DENSITY. C (e)

"People" want to get close together in a high-potential population yet also like to get far apart.

The human develops defenses against effects of overcrowding as evidenced in concentration camps.

"Crowding" can cause stress effects in the new-born of rat colonies. (Transferred by mother during pregnancy) (Unknown as to whether it affects humans)

PHYSIOLOGICAL INFLUENCES . . . . C (f)

Literature of G. Scott Williamson, Peckham Health Center, London, proposes physical and mental health as unseparable and a function of the individual, as a member of the family and the family as a member of the community.

If nutrition is considered part of the physical environment, it is known that by careful regulation of amount and type of food a person eats, his personality can be changed drastically. This is one area where the environment is known to change the person.

With a vitamin deficiency a person is more susceptible to external and unpleasant stimuli and develops stress more quickly.

"Tension" can be related to the level of uropepsin in the blood, but no one can presently relate this to mental health because tension can be good or bad.

STRESS, TENSION AND COMMUNICATION STRESS. . . . . .C (g)

"Stress" in small amounts are enabling, alerting and resource-mobilizing. There is an optimum level, beyond which it becomes paralyzing and impeding.

"Stress" is a very narrow segment in the over-all picture of mental health.

Stress may be a factor related to the "square" of the difference between aspiration and actual level.

The rate of change in the difference between aspiration and actual performance or needs (derivitive) is perhaps more significant than the actual difference.

Stress: One type of contributer: Repetitive necessity.

Stress is dependent on social conditions and so is nutritional conditions.

The human mind and body adapts itself to the level of what is expected of it. A change from that level represents stress. (When expectation arrives at too low of a level — soft living — physical and mental health may be jeopardized.)

The "problem" situation is perhaps the major cause of anxiety and resultant stress on an individual.

The "problem" situation is evaluated by the person in terms of what is expected of him by his society.

Experiments on executives suggest that incidence to disease is proportional to the amount of awareness of the stress experienced by the executive.

To a limit, the more often a person is exposed to stress the better he can cope with it. Therefore early exposure to varied groups may be desirable.

Situation "terror" and society "stress" may have different psychological effects on people.

C (g) con't.

The balance between the excitatory and inhibitory forces within the individual that occurs in a situation the individual defines, may be the essence of "stress" generation.

"Stress" is composed of:
1. Non-specific factors, as associated with intensity, strangeness, frequency, etc.
2. Communication failures such as over-taxing the capacity to respond which can be impaired by "noise", (interference)
3. Conflicting Stimuli
4. Inability to respond satisfactorily.

Adjustment processes to excess stress:
1. Omission
2. Error
3. Querying
4. Filtering
5. Approximation
6. Multiple Channels
7. Escape
8. Others.

Conflict of stimuli may be a basic cause of stress. (e.g. - individual wants highest rate of output but no mistakes.)

Opportunity for freedom of choice might provide stress rather than satisfaction? (Requires education)

Is "stress" the degree to which one has disparity between his goals and the means for achieving the goals?

The gastric ulcer is not described in medical literature before 1870.

Work going on at present is exploring the effect of "stresses" on "systems". (Human)

"Tension" as related to mental health, cannot be considered entirely "negative" because it is essential to creativity, a "positive" factor.

Tension, as existing under stress, is undesirable. It may be motivated by physiological as well as psychological stimuli.

C (g) con't.

"Communication Stress" is related to the rate by which the mind absorbs information, expecting that it will need to draw from the stored information later. (20 to 25 "bits" per second max.)

"Stress" associated with arrival of too much information suggests relevance to "mental health".

When a person performs actions faster and faster he eventually arrives at a confusional state and breaks down. (e.g. tower operators for air traffic.)

Occupations subjecting individuals to the greatest amount of "communications stress" are executives, college professors, telephone operators, communications people in television, and the like.

"Communication Stress" may be a contributor to increasing rate of coronaries among young executives.

"Noise" (as interference to communication) can prevent a person from performing a task at a rate which he believes is expected of him and can thereby cause "stress".

Average informational transmitting power of humans is 2 to 5 "bits per second".

"Stress" may be experienced without actual transmission of information (e.g. - worry about some situation.)

Rate of communication is possibly not the creator of "stress" but rather a value judgement by the individual that causes him to have a guilt-feeling about making mistakes.

Stimuli, in the natural state, are often understood by the reaching organism as "patterns" rather than as discrete things.

Total "communication" can be increased by packing more abstraction into "symbols" of meaning. This is an educational task confronting U.S. schools and universities.

PROBLEMS OF THE AGED. . . . . C (h)

Two factors of retirement:

1. Crisis of change in life pattern
2. Adjustment to new requirements of the person.

When life has been dedicated to being a "producing person", retirement imposes a reluctant and mandatory change.

Withdrawal is a tendency among older people. It is evidence of distress, and indicates that a change is necessary providing a transfer of interests.

Preparation for retirement should include substitution of new things.

Upon retirement, work has to become play again. Trailer community life may provide an ideal answer to this crisis.

A contributor to mental health of mobile home occupants is the opportunity to achieve new and better facilities (higher manipulability of circumstances) than in a stabilized situation such as an old people's home.

SUGGESTED RESEARCH . . . . C (i)

Research on human aspirational levels is needed. (Currently going on, in limited fashion)

No commonly accepted criterion exists for measuring scale between mental illness and mental health.

Factors relating to mental health may best be studied by indirection (e.g. - mental illness.)

Mental illness may reflect susceptibility of individuals and may not reflect a widespread malaise affecting a much larger segment of the population. (Mental illness and mental health may not be of one dimension.)

Is today's society (commonly termed the "age of anxiety") any less stressful than say 100 years ago?

Is the diversity of the city the essence of urban culture? (i.e. - exciting, may be dangerous, and may serve individuals as a desired stimulant.)

It is better for children to grow up in areas with more diversified racial and ethnic groups, or in the more homogenous suburban areas?

Mental health and physical health may be very closely related.

Does a physiological stress affect one's response to otherwise naturally occurring stimuli ?

Need to know why occupants in certain areas of the country are adopting the scheme of erecting 6 foot fences around their property.

In experiments on behaviour, a change in one aspect (physical or social) may change other aspects.

Not much experimental evidence exists to show that mental stability of individuals can be changed by short-time alterations in environment.

Is it possible to obtain a measurable response to an environmental variant?

Mathematical approaches to predicted behaviour may be applicable to the problem of human reaction to his environment.

One attack on study of effects of variables of total environment is to program on a computer.

GROUP BEHAVIOR CHARACTERISTICS . . . . SECTION D

(a) General
(b) Values, Aspirations and Attitudes
(c) Mental and Physical Illness Observations
(d) Density and Crowding
(e) Characteristics of Group Size
(f) Attitudes Between Groups
(g) Social Interaction
(h) Changes in Group Behavior
(i) "Caretakers"
(j) Problems of the Elderly
(k) Observations and Suggested Research

GENERAL . . . . D (a)

The spectrum of human behavior is a response to environmental and internal stimuli.

The mass demographic factors which give rise to sociological intensity seem too powerful to permit much manipulation. However individuals tend to make their own adjustments such as a person reared in a rural setting may return to his original surroundings after unsatisfactory city experience.

It is a mistake to view our culture as a unit rather than looking at the sub-cultures in it.

Physical boundaries are not necessarily social boundaries. (e.g. Ethnic groups may be a majority in a small physical area but may be in minority in the world and may be the principal factor in viewing their own position)

The ideal community is ideal only for some people.

Cultural background is highly significant in adjusting to new forms of living conditions.

Laws, conventions, traditions and social forces of the communities have direct effects on people. Some of these can change rapidly; some slowly. (i.e., integration affects explicit laws immediately, implicit laws relatively slowly.)

Physical separation of an existing community into parts (i.e. - new highway thru middle) leads to immediate disorganization and building of new organizational structures.

Recommended changes in physical structure of an institution, for the sake of effecting a recognized betterment, may be strongly resisted by individuals who see their patterns of existence threatened.

People benefit from freedom of choice whether as an individual or collectively in groups.

Anything which increases voluntary geographical mobility of labor force facilities self-chosen adjustments.

Detroit Studies have shown that trailer communities tend to be more stable than so-called "stable" communities. (Take care of own, less delinquincy, fewer broken homes, etc.)

Subgroups in the culture consider that certain laws do not affect them. (e.g. — deer hunting out of season by natives.)

A solution to the "hard-core" families with delinquent children is a problem yet to be solved in our society.

Juvenile delinquency is a social as well as mental health problem.

Recreation facilities which help to make leisure satisfying are necessary for the achievement of mental health.

Housewives are subject to boredom of work and family life.

Sources of "Harassment" (particularly women)
Professional and upper-middle class (schedule-oriented):
1. Standards set for themselves in child care
2. Cleanliness
3. Care of property
4. Prevention of child accidents.

Studies indicate that behavior of 95% of children are regulated by the "behavior setting" in which they find themselves. (e.g. - in a drugstore, bathroom, classroom, etc.) (Similarily - Thanksgiving, Christmas, etc.)

VALUES, ASPIRATIONS AND ATTITUDES . . . . D (b)

The most serious problem young families consider is to decide what kind of life is best for their children.

Commercial resort areas are attractive to people because they combine enjoyment of the outdoors with the glamour and excitement of more urban commercial entertainment facilities and maintain comfort of the individual in the process.

D (b) con't.

Group morale (even national) may be maintained by landmarks such as mountains, geysers or even buildings.

"Man will seek the outdoors naturally as a part of an innate psychobiological predisposition toward greater enrichment and expansion of life, greater awareness, greater self-fulfillment.

Man will seek the outdoors because:
1. A healthy adaptation to objective emergency (introduces an incessant adaptive activity)
2. To perpetuate a maladaptive syndrome (escape, withdraw or need to prove himself)
3. Relieve subjective emergency of claustrophobia
4. Relieve latent claustrophobia
5. He rationalizes all this as a love of nature.

People are not really interested in the control of environment such as surrounding greenery.

"People" want gimmicks and gadets that will enable them to do their work better but they must have no effect on their existing "values".

Style, status, and taste, will gain importance in the future.

Design motifs — colors, cars, furniture, remodelling interiors, downtown, storefronts, sidewalk cafes, plaza's etc. — are oriented toward leisure appeals.

Competetive production for the biggest bloc of consumers limits choices of others.

Industrial firms have the problem of consumer acceptance for new gadgets. (They must satisfy what is accepted at the time.)

"Creativity" and "Freedom of Choice" may be essential ingredients to the upper class (professionals, etc.) but may not be an objective at all for the population at large.

Optimism regarding personal finances is now spreading throughout all segments of our society. This is evidenced, particularily, in young family purchases of appliances and gadgets. (Perhaps required in suburbs)

D (b) con't.

People who live in "Slums" do not necessarily consider them as such, and are reluctant to have someone tell them where they should live and in what.

New knowledge can be a threat to people (Gallileo-Nature of the Universe, fluoridation of water, mental hospital studies, etc.) and will be resisted by the public at large.

What would be disruptive today, if it were to come out 15 or 20 years from now, would be capable of being absorbed in retrospect by a new generation.

Effects of the community on children establishe attitudes which reflect themselves in later life. (Planners can contact police force for information details about the community).

If you want to educate people in addition to motivating them you have to have a model or image which is valued by them.

Laws and social restrictions will be disregarded by the population when the pleasure premium is greater than the recognized danger premium. (Alcohol, smoking, etc.)

Baltimore history:
People build individual row houses on expanses of land. (Too stressful to have a new kind of house with windows on all sides.)

There has been a general increase among all denominations and kinds of churches in recent years.

60% of people are actively affiliated with churches.

For people in a slum community, a fairly high noise level becomes a very important part of their lives. (Reinforces identity and strength)

Slum Survey:
Most occupants believe that "being common" is a virtue.

Slum Survey:
77% wanted "Secure Job" rather than job which would allow them to get ahead.

D (b) con't.

The majority of people do not consider themselves as involved in "decision -making".

Cities should provide more opportunity for intimacy such as lover's lanes.

MENTAL AND PHYSICAL ILLNESS OBSERVATIONS . . . . D (c)

Depending upon definition of "cut-off point", 60,70, 80% of the population has some sort of neurotic problem. (Renee Yorkville studies)

Over the years, there has not been a significant change in the ratio of number of persons excluded by the population into mental hospitals in the under-40 years-of-age category.

Observations indicate a linear relationship the greater the "population potential" the greater the percentage of mentally ill. (Some conditions associated with this factor predispose individuals toward developing mental illness)

On the social-aspiration scale:
1. Neurotics (treated) increase as you move up the social-economic scale.
2. Psychotics (treated) increase as you move down the scale.

(May merely reflect ability to obtain treatment ?)

Studies on schizophrenia suggest most frequency in the lowest socio-economic levels.

With all other things being equal, outdoor activities tend to produce better physical health than indoor activities.

Sunshine and good air associated with open space has good effects on physical health and physical health does have a very definite effect on the reduction of certain particular symptoms of mental illness.

Mental patients given some outdoor recreation activity respond to treatment better than ones restricted to their wards. (causes unknown)

D (c) con't.

There is more mental illness in the older age group.

For our culture, alcoholism is a symptom of a population-induced stress situation.

Mental Hygiene Clinic (U. of Mich.) found that 20% of contacts maintained their relationship and tended to be those from large cities. Small town and rural area students solved their problems some other way.

More untreated psychotics can be expected in low income groups than in the high income segment.

Contoct rate for respiratory diseases is greater in multi-story, elevator housing, than in the slums. Surveys bear this out in practice with increased frequency rates.

DENSITY AND CROWDING .D (d)

"Density" is a meaningful term only if a small area is considered.

When density of population increases, society tends to establish barriers to provide intimacy. (e.g., occupants of single family dwellings are more likely to know their neighbors than are occupants of apartments.)

There is a high correlation between "population potential" and the rate of admissions to mental hospitals.

The proportion of schizophrenics and neurotics in high population potential areas is greater than in low areas in reference to paranoid and manic depressives. (Trends occurring thru time since 1923 to present.)

Alcoholism rates are proportionately higher the larger the city.

Alcoholics may migrate into high population potential areas.

D (d) con't.

Diseases that are highly correlated with population potential or density:

1. Liver cirrhosis (alternative to arteriosclerosis and coronary thrombosis)
2. Tuberculosis (no longer)
3. Incidence of admission to mental hospitals
4. Arteriosclerosis.

(All of the above called "social diseases" - - automobile accidents, mental deficiency, alcohol, etc.)

Social disorders cannot, perhaps, be compared on a demographic basis.

Rural populations ranked by I.Q. show a trend of the higher I.Q.'s moving to the urban centers.

Population studies of rodents indicate that the population level arrives at a constant when overcrowding prevents normal interaction.

Experiments with rodents suggest that when overcrowding occurs the over-all group may become very docile. (Social interactions between individuals are prohibited because of perpetual existence of others.)

It is not necessarily axiomatic that when "contact" increases, so does friendliness.

CHARACTERISTICS OF GROUP SIZE . . . . D (e)

The "friendship - clique" is optimal in relatively small numbers.

"Group size" is relative to the field of view and may be modified by physical structure.

Eleven, (7 to 18) appears to be an approximate optimum number for most effective group actions. (Committees, etc.) (6 neighbors and 4 next-neighbors)

Relatively large groups are suited to handling social organizational problems but a problem-solving kind of operation is best handled by smaller groups.

D (e) con't.

The human is very complex as compared to behavior studies of rats. Humans read what others are doing and start new fashions away from existing trends.

The "ideal" group size may be 12 individuals. (Natural selectivity)

Small groups of individuals are most suited to solving problems in "logic"; large groups (relatively) handle "organizational" problems more effectively.

While optimum group sizes exist among animal colonies (approximately 12) it is implied that there is no optimum group size in humans because it is a matter of becoming adjusted into certain cultural conditions.

ATTITUDES BETWEEN GROUPS . . . . D (f)

As long as minority families are of about the same social-economic status or higher and do not dominate an area numerically, attitudes are indifferent or tolerant on the whole and the neighborhood remains quite stable.

Minority groups evolving to majority groups are viewed differently by the rest of the community population as dominance factors change.

It is possible to have quite adverse circumstances arise when proximity of ethnic groups is forced. (Occurs most usually as it approaches the 50% balance . . . discernible signs at roughly 30%)

Findings in mobile home community studies (major portion of occupants were construction and migrant agricultural workers — relatively few aged):

1. Families were more stable than similar socio-economic groups
2. Children showed higher achievement in schools
3. For the most part, stereotype concepts taught social workers were wrong.

When two or more individuals are jointly involved in a struggle against an outside influence they tend to be at their best in terms of integration and interaction. (e.g. - soldiers in combat). In times when there is no danger to existence, they pick on one another over little things.

If you give people a task that unites them (or using common facilities for their own tasks) they will stay united until the work is done.

Cultural sub-groups may possess characteristics common only to themselves but study and reporting of results may have a damaging effect on the group.

SOCIAL INTERACTION . . . . D (g)

A social system is composed of a network of sub-systems which affect behavior.

As "Sociological Intensity" increases so does average per capita activity such as first class mail, telephone calls, passage of money, land values, rents, taxes per capita, commodity prices, more complicated jobs, suicide rate, death rate, etc.

Meeting of 5 or 10 people over a period of time may establish the beginnings of desirable social relationships but the meeting of the same number of people over a very brief period of time may dissociate the individuals.

If a planned procedure other than simple proximity of living is set up to deliberately bring about contacts such as discussion of mutual problems, fact-finding, and self-surveying, intellectual mingling of racial and ethnic groups will take place.

The suicide rate goes up at high levels of sociological intensity.

D (g) con't.

Friendship formation is influenced by proximity when factors representing homogeneity are present, such as:
1. age
2. education
3. income
4. religion
5. etc.

Some ethnic groups seek housing that does not have too much interaction.

The value system of social groups draws barriers around such groups which can prohibit (reject) individuals who very much desire to become a part of the group. (Happens at any level of the economic ladder)

CHANGES IN GROUP BEHAVIOR . . . . D (h)

A continuous, slow change of environmental conditions will, in general, result in sudden changes in the behavior of the group. (Suggests explanation of fads, fashions, etc. . . . may explain sudden social changes, like revolutions)

Theory: The incidence of neuroses should sharply increase just preceeding great social upheavals.

Some things that might cause satisfaction in a slum today (broadening of number of choices) might result in dissatisfaction in the long run?

Churches are growing about 3% per year while population in growing about 1 1/2% per year. Lodges are decreasing 3 to 5% per year.

Whenever a new kind of program is attempted in an established institution, it is a hazardous undertaking.

Sometimes facts cannot be incorporated because it would be counter to accepted fashionable from. e.g. . . . (cosmology)

Society behaves as a particular small group wants them to behave? ("Hidden Persuaders")

D (h) con't.

Schools and Colleges could provide basis for education in freedom.

"CARETAKERS" . . . . D (i)

Official and unofficial "caretakers" evolve in most societies such as housing developments. Such people can be helpful to the community. (This function is often carried out in store fronts, laundry rooms of housing developments, etc.)

Characteristics of social "caretakers" change depending upon the nature of the crisis.

The right to be a caretaker is sought by many groups:
(it is power)
1. Business?
2. Church?
3. Community Chest?
4. Labor Unions?
5. Government?

The corporations themselves are beginning to exercise caretaker functions. (e.g. — country clubs, etc.) (applies to white-collar workers and executives)

"Caretaker" role in trailer communities may be significant as well as selection process to get into the community.

Churches provide a "care-taker function" for elements and individuals in society.

PROBLEMS OF THE ELDERLY. . . . . D (j)

The aged population is apparently rapidly growing.

Retired people need some form of goal - directed activity to make leisure time meaningful as recreation.

More older people tend to be isolated.

D (j) con't.

1-393 Experience in Denmark with housing for the dependent elderly indicates desirability of not putting such persons in a single, isolated project.

OBSERVATIONS AND SUGGESTED RESEARCH . . . . .D (k)

There are principles of human behavior which can be discovered with increasing skill.

There have been conspicuous failures in interdisciplinary attempts to formulate a general theory on the behavior of man.

"Space dimensions" by cultures could be studied. (distance at conversation, etc.) Cultural backgrounds of slum inhabitants may encourage small spans.

Comparisons of human behavior to animal behavior must be followed thru with human testing.

Changing patterns of human fertility may provide a lead into optimum conditions for good mental health.

Needed research program: To test the effect of environmental change on both the behavior patterns and the level of mental health of people.

A study of incidence of peptic ulcers in people in different occupations and under different living conditions might be useful if working conditions can remain equivalents.

Techniques for social science study:
1. Interview survey
2. Examining public documents
3. Participant observation
4. Anthropological techniques

Social science study problems:
1. Sampling problem (identify groups)
2. Results (consequences) may not be detectable for some years later
3. Difference of experience in new environment

D (k) con't.

4. Dispersion of study subjects after move
5. Attrition of samples
6. Relatively small group of elderly
7. Providing service while doing study will cloud the results
8. Interpretation of findings
9. Collection of lots of data from many communities is one solution but difficult to analyze results.

FAMILY AND HOUSING CHARACTERISTICS . . . . SECTION E

(a) General
(b) Housing Factors
(c) Psychological Considerations
(d) Housing "Values"
(e) Influence of housing
on Occupants
(f) Moving Causes and Frequency
(g) Suggested Research

GENERAL . . . . E (a)

Studies on family use of time show two classes of families:
1. "Fun oriented"
2. "Schedule oriented".

The families that tend to "plan" (schedule) are the ones most harassed.

Interruptions to planned activities cause trouble in a household.

Planners traditionally want heterogeneity, but the occupants don't want it! (Creates problems and splits.) Ideal solution is to provide an optimum amount of heterogeneity — enough to provide stimulation and some differences but not enough so people become negative toward one another.

The desired balance of diversity or homeogeneity of contacts depends upon the family and general characteristics of the particular locality.

Apartment tenants may be self-selected and generally prefer a highly organized type of community life.

Present FHA rules make it more favorable to buy than rent even though it is not expected to ever see the mortgage paid off.

Without household mechanization social demands for cleanliness (house, front steps, children, etc.) caused grave difficulties in the early 30's (Sweden).

If the factories are in the suburbs, the maximum freedom of choice makes it desirable to live in the center of town.

Density per acre in a city varies less than density per room. (As per individual family requirements and areas of city)

Technology makes it possible to have higher densities than in the past.

The thing to do in many situations may be not to try to limit densities but rather to provide facilities conducive to comfortable existence.

High density and many services may be as satisfactory as low density and few services.

Technology has provided means for more activities being done in the home, (TV, etc.) rather than the opposite as predicted in the 30's.

Manager views of relative ease of keeping things going without overt trouble in existing housing developments is presently the most used source of information in planning new developments.

Shared laundry facilities have not, on the whole, been successful in rental housing schemes.

The occupancy of small houses by families has disrupted the earlier pattern of the aged living with younger generations.

HOUSING FACTORS . . . . E (b)

Housing Study Factors: (excluding crowding)

1. Number of heated rooms
2. Heated space
3. Land use
4. Street traffic
5. Distance from recreational and other facilities
6. Water supply
7. Toilet facilities
8. Dilapidation (state of repair)
9. Ventilation
10. Lighting
11. Refrigeration
12. Infestation
13. Bathing and washing facilities
14. Food storage
15. Cooking facilities .

Housing quality factors:

1. Developments
2. Supervised playgrounds
3. Trafficless roads

E (b) con't.

4. Parks
5. Integration
6. Sound transmission
7. etc., plus the element of delight that has nothing to do with efficiency.

PSYCHOLOGICAL CONSIDERATIONS . . . . E (c)

Sense of belonging - one defines as home.

Ability for voluntary isolation is an important factor for housing.

A form of home ownership might do more toward developing and providing a better environment than anything else. (Develop ambition, lead orderly lives, good working habits, etc.)

Mortgage responsibility adds to working incentive and compliance with society requirements.

Home ownership would do a great deal for negro adjustment.

Motivation exists for individuals to build their own houses. Alternates:
1. Builder anticipates buyer desires.
2. After buying, people start changing it.

Studies reveal that 95% of people in lowest income strata want to own their own home and 25% expect to.

Sometimes people do not invite people into their homes as often as they would like because they feel they have inadequate space. (Poorest housed feel it most.)

Esthetic appeal is also a factor in inviting people into homes.

The decision as to the most desired physical environment as a home for a young family should include psychological considerations.

E (c) con't.

How much further can we reduce the dwelling (in terms of area and complexity) and still have it an experience which is of consequence to children reared in it?

Television is considered a plus factor for mental health in families that have a number of small children who are housed in small quarters (gives them something to do).

A certain level of noise in dwelling units is perhaps a positive rather than negative factor.

Apparent dissatisfaction with one's house may really be the result of tension created by some other insecurity.

Some type of community psychotherapy might deal with the underlying problems causing unhappiness with current housing and permit people to stay put.

HOUSING "VALUES" . . . . E (d)

As soon as people improve their economic status they tend to expand a bit. (Average situation)

Rather than providing an architectural solution that is"best" perhaps the logical solution is to provide varied solutions and let people take their choice.

Housing in the city must provide varying environments for many kinds of groups.

Space (freedom of locomotion) within a dwelling unit seems to be the primary matter.

Different groups, or classes of people have different ideas on what constitutes an adequate amount of space per family.

Most space within present houses is devoted to pleasure or leisure functions.

A house must be "an enclosed self -sufficient area and have plenty of room and rooms with division of space, solitude, and ceremonies".

Short range solutions to housing needs can be found by trying to understand the logic of arrangements that people seek for themselves.

Not owning a house may cause more pride to be attached to clothes, baby carriages, autos, etc. (Value displacement)

"The house reflects the unconcious adjustment the occupant has been trying to make with the world he lives in."

INFLUENCES OF HOUSING ON OCCUPANTS . . . . E (e)

Housing is expected to have two kinds of influences:

1. Behavioral consequences (social arena, and restrictions or inhibitions upon physical movements)
2. Health of occupants (disease spread, etc.) .

Studies to date on the effects of housing are interesting but inconclusive. (Housing quality is so interrelated with other issues involved in social class that it is difficult to isolate.)

Very little has been directly said about the relationships of housing quality and health except in a very diffuse way.

Housing factors affecting health:

1. Diseases of upper respiratory system
2. Home accidents
3. Sleep crowding
4. Common towels
5. Heating
6. Digestive situation (Refrigeration) .

Studies for 18 months then 3 years show that "housing quality appears to have no effect on physical morbidity.

For "adjustment materials" (school performance, etc.) housing quality does have an effect, evidenced in as little time as 18 months.

No relationship is yet in evidence between housing effects and issues related to water, heating, paint or plumbing.

Economic, as well as racial segregation,may not provide beneficial contacts in housing developments.

Space inside and space outside of apartment units have different effects on the inhabitants.

Choice of size of apartment units may affect attitudes and objectives of the inhabitants.

Room overcrowding, or apartment or house overcrowding is probably more crucial than land overcrowding.

Does living in an over-crowded apartment increase the amount of conflict among occupants?

Home accident rates are noticeably lower in housing that is less crowded, (persons per room). (Also the rate decreases as rents increase.)

MOVING CAUSES AND FREQUENCY . . . . E (f)

Most Americans choose locations for living that they do not consider as permanent.

A very large number of people regard their residences as temporary. (Also do not take an active role in community affairs.)

On the average, everyone moves in 5 years with 2 - 15% being long distance (15% in western United States).

Residence changes (U.S.) are made, on the average about once in each 5 years. Job changes are slightly more often.

Moving rates may have a great deal to do with whether families put their roots down and the subsequent effect of their environments.

E (f) con't.

Motivation for moving is often based on the desire for rearing children in the highest social strata attainable.

Many families tend to raise their children in the suburbs then move back after the children have left home.

Moves to the suburbs may mean several moves for an individual family. The parental objective of making the move for the sake of the children may thereby have the total rewards diminished.

Including a wide range of dwelling types and prices within an area may be a way to obviate need for moving out of a neighborhood as space requirements change.

Transient families try to settle down while children are going through adolescent period (high school). Often they are anxious to resume mobility as soon as children are away from home.

More of all kinds of employment are now following the factory to the suburbs. (Recent years)

What is logical about living where you work and having to move if you change your job?

Restlessness occurs even among families that stay in one place.

SUGGESTED RESEARCH . . . . E (g)

Does increased contact with neighbors (forced by architecture — such as multi-story housing) contribute to a psychologically healthy state for individuals?

Planning consequences of:

1. Shared driveways?
2. Friendship patterns on cul-de-sacs?
3. Common green for houses (vs. grid pattern)?

E (g) con't.

Questions:
If building a house, what is the best utilization of space for people? Do we need free space for children to wander in? Do we need natural areas?

Is diversity or homogeneity of neighborhoods most desirable? Or a little of both?

Why are some people happy with the housing that is available to them, and some are not?

Examination of mobile home communities might reveal means of finding desirable factors that could be created in fixed communities.

Incentive housing (made available with little or nothing down, but owned) should be investigated and measured for mental health of its inhabitants.

Is there a relationship among backgrounds of individuals that change their houses after occupancy?

After 20 years, will every house in Levittown be different?

SUBURBAN HOUSING . . . . SECTION F

- (a) General
- (b) Social Interaction
- (c) Taxes and Economics
- (d) Research

GENERAL . . . . F (a)

Conflicting factors of suburban housing:
1. Personal desire for physical environment of family and desired pattern of life
2. Regional and metropolitan points of view saying people should have something else because it would be better for all
3. Economic capabilities of the family.

Factors inhibiting current suburban development patterns:
1. Not too economical
2. Industry being brought in to improve the tax-base
3. More variegated housing required to fill needs of the industries
4. Close to industry to reduce commuting time and distance
5. Dropping of racial barriers
6. Counter to needs for preservation of open space and agriculture
7. Sterotyping in housing developments.

Fifty to sixty percent of people in the suburbs have origins of small towns, rural backgrounds or previous suburbs.

Children seem to be the largest common denominator of mutual concern among suburban families.

Suburban people want all urban services yet want to live in low density areas.

Suburban people may want to be near areas of high density (cities).

In some areas, the interior of the house is all that matters and relationships between houses are not a concern of the occupants.

Gardening hobbies in suburbia has reduced the need for certain types of parks in the suburbs.

Fewer parks will be needed in suburban areas where gardens and private and public pools are available.

SOCIAL INTERACTION . . . . F (b)

Suburbanites move from house to house within the suburbs and continue in a state of social mobility as they change their social strata.

Pros and cons of permitting segregation of interests among suburban communities:
Pro-Difference in communities permits selection
Con-If all elements of suburban sprawl were pulled together into new urban centers, efficiencies in government, more available open space, etc., could be effected.

Is a motivating force for would-be suburbanites a desire for complete absence from social responsibility?

Propinquity is more a matter of culture of the individual rather than location of his house.

Effects of propinquity in a new suburb diminishes with time.

The incidence of coronary disease among rising young executives is a serious problem in the U.S. today. (May be related to identification of ulcers and coronaries suspected as resulting from social climbing in suburbia?)

Factors opposing each other in suburbs:

1. Husband sees all the diverse types of people he wants to see while at work in the city. (wants isolation from them while at home)
2. Wife is relatively isolated during the day and wants more and varied social contacts.

Churches are undertaking a rising social function role in suburbia.

TAXES AND ECONOMICS . . . . F (c)

Under present conditions of tax support for schools, roads, utilities, etc., suburban areas without industry cannot support low-income housing.

F (c) con't.

Real estate taxes on new housing developments may not even cover costs of schooling of children. (Industry used to strengthen the economic base)

Case histories of some housing developments indicate tendency of some families to consider their long-term loans as preventing them from ever owning their houses and thereby lose their pride of ownership resulting in a lack of maintenance and depreciation of the property and the neighborhood.

Some of the low down payment,single-family housing developments have a history of rapid deterioration. (Young couples intending to move on as soon as financially able.) These are considered to be the future slums.

Suburbanites exhibit an incredible optimism regarding personal finances.

RESEARCH . . . . F (d)

Is the motivation for suburban life a rational desire to live in a small house with a private yard, or something much more complicated emotionally?

Is the present typical suburban development the direct expression of inherent cultural values or did it just happen by accident?

What is the maximum population within which our present freedoms (suburban housing as a choice) can be afforded?

What would happen if the patterns of typical suburban developments were changed?

Do most people living in suburbia submit to standardization?

Most research on suburbia to date is not actually related to variables subject to control.

HOUSING REDEVELOPMENT AND RELOCATION. . . . . SECTION G

(a) General
(b) Economics
(c) Attitudes Before and After Moving
(d) Social and Physical Needs
(e) Effects on Mental and Physical Health
(f) Research

GENERAL . . . . G (a)

For redevelopment work, architects need good data on the human situation.

One problem group in redevelopment is the group with incomes too high to qualify for public housing and too low to afford private housing.

Most central areas of cities tend to become low-income housing. There is a good argument for doing something to save upper and middle income families in the downtown areas.

Three things operating in redevelopment:
1. The reality of the situation being observed
2. Community organizer services with the "caretakers"
3. There should be organized and systematic research to go along with the human service aspects.

The free-way system has caused much more relocation than has planned redevelopment.

Every redevelopment project is redeveloped at a higher density than before.

Factors in opposition to redevelopment:
1. Condition of present premises
2. Power of the people being relocated
3. What is being destroyed is for presently better off people
4. Resistance to something not self initiated.

Common attitude of Slum inhabitants:
Man is responsible to his own actions . . . .(73% concur but 27% believe their actions are determined by extremal agents.)

People resist being "told" where they should live (a psychological threat) and many will resist public housing on this basis alone, all other factors being equal or better in favor of the new public housing.

Rehousing faces the problem that people have had long experience in their former housing and have become conditioned to the environment - - placing them somewhere else may generate difficulties and produce bad effects. (Transition should be gradual to be effective)

A community in need of redevelopment could decide to form a cooperative, get government approval for land, clear it, establish the new housing, move in and be very happy about having their former homes abolished. (Usually desire detached single-family housing)

The public housing trend is down. (New suburban housing is providing vacancies in used houses available to present slum dwellers)

One stigma to public housing is that the occupant accepts public recognition that he is not equal to other people. (Status)

Public Housing Authorities are forced to recognize public sentiment as adverse when new projects are better than the housing of individuals supporting it with taxes.

Public housing has provided new structures for people but hasn't attempted to solve the host of problems involved in the slums.

Many different kinds of public housing seem to be needed.

People living in slums attempt to improve themselves by moving around, fairly frequently.

Unless people can see (experience) a "new community" they are unable to perceive the goals and have no incentative to work toward it.

If a technique is worked out whereby slum residents have opportunity to participate in decisions affecting relocation and new housing, their fears and hostilities could be expected to be reduced.

ECONOMICS . . . . G (b)

Total costs of large scale redevelopment include:

1. Change in land values
2. Cost of moves for the families (to the family, relatives, etc.)
3. Cost to agencies, Federal, State, Community
4. Cost of vacant land if not brought up by developers (Unlikely, but happens for various reasons)
5. Social costs for adjustments.

Land values for central sites may be presently inflated beyond true value. Subsidies can reduce densities in redeveloped areas and bring back many upper class people.

The average public housing unit downtown costs 50% more than the average tract house (middle income) built in the suburbs.

Transplanting of a slum population may be least expensive method because increase in assessments of redeveloped property may carry the social costs with a margin.

ATTITUDES BEFORE AND AFTER MOVING . . . . G (c)

Reasons for not wanting to leave slum areas:

1. For minor artists and people who feel they are not as successful as they would like to be, such areas are slightly more anomyous.
2. Traditional values for ethnic groups have been preserved.
3. Legitimated dependency (upon social welfare organizations in the neighborhood)
4. Some can compensate for physical surroundings by getting Cadillac.
5. Alcholics, perverts and others may feel requirements of this society are not as strict.

Survey Results:
66% of slum occupants indicated they wanted to stay in the slum area rather than move to new public housing.

G (c) con't.

The income limitation and income reporting factor of public housing law is an inhibiting factor against people making the choice to move into public housing.

One reason people hesitate to move from slum areas: They have developed trust in their acquaintences and will have to start all over in a new location.

If people are to be relocated, they want to move with a known group.

Many slum dwellers want to stay so badly that they permit themselves to be exploited in the process. (High rents, crowded living conditions, etc.)

A large percentage of relocated families move into the new development and then start looking for housing of their own choosing.

After 1 1/2 years of rehousing experience a number of the rehoused families were in the worst possible circumstances.

A substantial percentage of persons fighting against their relocation decide after moving that they are much better off.

After moving (West End Study) a large proportion of the former population seemed well satisfied but a small group were dissatisfied and became a critical problem.

Experience in New Haven redevelopment indicates majority of people view their forced move as opportunity to better themselves and do so. (Little organized opposition.)

On a subjective review basis it appears that "old ties" are not overly missed when moving into a public housing project. (New ties are formed.)

SOCIAL NEEDS AND PSYCHOLOGICAL . . . . G (d)

Desired, continuing "Monuments" may be the church or other social institutions which have nothing to do with specific buildings. (Examples: a subsitute for a stone front church might be the minister's apartment.) In other words transplant some of the old (institutions) into the new.

G (d) con't.

One suggestion for identifying desired "monuments" to incorporate into new housing is for community organizations to discuss what "monuments" they like and want to keep before the new facilities are designed.

An existing style of architecture cannot desirably be recreated in new rehousing projects because it would be obsolete to the children of the families although the parents might not consider it obsolete. (Economics, and better land utilization are also considerations.)

For relocation, identify existing specialized groups and find substitutions in new locations which satisfy their needs. (5 or so such groups) Also assign relocation authority to help find places and initiate adaptions to the new situation.

Community education (adult education) programs should be carried on simultaneously with redevelopment and relocation activities.

Some proportion of the slum population need their neighbors to cooperate with or to fight with. In either case they need them. In other cases they need freedom but want no close contacts. This area provides both styles of life at the same time.

Scotland rehousing experience indicates the new housing most satisfactory when people were in close contact with each other.

People that have moved from bad to good housing have had the amount of friction reduced.

After moving, registered complaints seem to involve minor annoyances rather than major issues.

Physical facilities for socializing are not used much in new public housing. (Mutual exchange among neighbors seems to satisfy need of most individuals.)

Religious and personality differences account for many of the variations in how people adapt themselves to new communities.

G (d) con't.

New comers to middle-class communities establish themselves thru formal associations.

Most disappointed new comers to middle-class communities are the ones that did not choose to affiliate with the community organizations.

Juviniles return frequently to their former locations to see what is left. Sometimes cause trouble. For about 3 years)

Solutions to slums based on physical rehousing and excluding social services may never achieve the human objectives.

EFFECTS ON MENTAL AND PHYSICAL HEALTH . . . . . . G (e)

DMW L.A. Baltimore study of "rehoused" vs. "control group"findings of:

1. Positive and desirable attitudes toward their housing living space
2. Closer and more amicable relations with neighbors
3. Improve common family activities but no apparent change in intrafamilial activities or cooperation
4. Not much change in attitudes and behavior toward the neighborhood and community
5. An improvement in social self-concept
6. Not much change in aspiration level
7. General morale generally improved but not much change in the psychological scales involving stress and states of mood, temper nervousness etc.

Observable effects of new physical environments show up by the end of the first 18 months with some reversals taking place later.

The accident rate of the group which had moved to a housing project was one-third less than the control group. (All ages and sex)

Mental disease rates seem to be about the same whether in slums or moved into public housing.

G (e) con't.

Findings of comparative studies of moves from slums: "a marked positive association between housing and health."

RESEARCH . . . . G (f)

Fifteen doctorial dissertations from U. of Chi., alone, have dealt with the aspects of a community being moved.

Two needed studies for relocation housing:
1. What happens to people in redeveloped areas?
2. What are the characteristics and influences of "caretakers" before and after?

The pattern of voluntary migration from redevelopment areas could well be studied:
1. Do families moving to new areas send back good reports to remaining families?
2. Are new "courts" equivalent to former meeting places?
3. What new "monuments" are present to resemble what they liked in their former places?
4. Can they begin to rebuild, in symbol form, those elements they liked?

Public housing has a higher density than former housing. This causes more interaction but perhaps people don't like it.

Do rehoused people attempt to recover the conditions existing in their former environments ?

Research could give clues as to alternatives or subsititutes for discharge of some needed functions existing in slums.

Could it be that the core group which clings to a slum area really demonstrates inability to "cope" with their situation, thereby indicating inherent mental illness which is not in reality the effect of their miserable environment?

Does the mental health of displaced persons deteriorate after their move and relocation? (Time-scale vs clinical symptoms? More types of aberrant behavior, etc.)

A study of families making the transition in rehousing, smoothly vs. difficultly, can be helpful. (Successfully copes with situation)

Research is needed to determine the effects that community redevelopment (Federal, State, Local or self-generated) has on the individuals affected. (Represents a crisis to those persons dislocated and seeing destruction of their homes)

Have housing policies (alleviating the worst slum conditions) tended to institutionalize the "lowest income group"?

Should rehoused people live in multi-story buildings or small houses? In social and racially "mixed" or "homogeneous" housing? Downtown or in the suburbs?

Stockholm now has no "skid-row". Why?

Indices of morale, mode, nervousness, emotionality etc., are unchanged whatsoever by housing (?)

In some slum studies, people like the area but don't like their apartments. Does this mean that rehabilitation of the apartments would be a better solution than rehousing?

Problems experienced in redevelopment projects might not be as difficult if adult education had taken place.

RECREATION FACILITIES . . . .
SECTION H

The problem of providing future outdoor recreational needs in view of population growth alone, is a very serious one:

1. Use of land in National parks
2. Recreation areas to be within 150 to 200 miles from metropolitan areas.

For leisure activity, most people want the opportunity for individual and family activity of a not-too-strenuous or primitive nature which can be conducted outdoors. (e.g., beaches, swimming pools, picnic areas, zoos, and areas suitable for Sunday afternoon drives)

Recreation planning can best be done by providing those recreation facilities that are in demand and that are likely to be in demand in the future.

In order for recreation to have positive mental health effects on people, they must be predisposed toward the selected activity.

Playground programs thru the influence of a leader may have the affect of converting some delinquents into adjusted citizens.

There is no evidence to support the proposition that leisure and recreation can, by themselves, bring about mental health or cure mental illness.

Studies of impact of playgrounds and community centers on anti-social behavior raise serious doubts about any impact beyond the reduction of minor vandalism due to boredom.

When parks and recreational facilities are slated to be removed before the housing for highway relocation sites, new (temporary) facilities should be built before the old ones are destroyed.

More leisure time will create a demand for more weekend and summer cottages in mountain areas or near bodies of water.

Metropolitan areas will need more parks located near natural or man-made bodies of water, offer nature's beauty and include a variety of outdoor recreation, commercial entertainment, restaurants, cafes, museum and zoo facilities, etc.

The future problem of low income groups will be not enough money to participate in the leisure activities they want to.

Do outdoor recreational activities help in the treatment of mental illness?

TECHNOLOGICAL FACTORS
AND INFLUENCES. . . . .
SECTION I

(a) General
(b) Transportation
(c) Communication
(d) Employment (work and leisure)

GENERAL . . . . I (a)

Humanists have not all become aware of the growth and threat from mechanics which began very slowly 250 years ago.

Role transitions of individuals as caused by changing technology, standards of living, economics, etc., must fulfill the cultural - traditional needs of the individual by strengthening the ceremony in his life to give him sustenance while providing a sense of continuity for him.

Human Welfare involves growth in the application and use of contributions of science and technology. (Individuals will be offered new things and methods to use and adapt in their daily lives.)

The increase in human population is one aspect of technology.

The present population of the world is predicted to increase by a factor of 10 during the next 200 years. (Amount of sunlight falling on earth limits total population potential)

Every decade since 1870 the number of scientific publications has doubled. 80% of all scientists who have ever lived in the history of the world are alive today . . . with better facilities and resources than ever before.

The amount of sunlight striking the earth is sufficient to grow sufficient food for about 10 to 30 times the present world population.

If the CO_2 content of the air doubled (in a century) it would increase temperature to the point of melting all of the ice sheets, thereby raising the sea-level by 50 meters (approx. 170 ft.) and flooding most major cities. (Not likely to occur because of new CO_2 balance)

The success of pre-fabricated housing designs may initiate new types of communities composed of upper lower-class families. (Factory workers)

The use of computer for data processing is expanding at a rapid rate in both academic and economic circles.

What will be the effect of automation on the physical aspects of the population?

TRANSPORTATION . . . . I (b)

"Cities are disintegrating under the impact of the automobile."

"Transportation is the crux of planning" for many cities.

The auto population will double or more than double in the 4 years (1960 - 1964).

Traffic facilities for privately owned autos will shrink the present U.S. to about 2/3 by 1976 (time-travelwise).

The trend to vacation by auto is likely to increase in the future.

Freeways have caused more relocation problems than have redevelopment projects. (Such displaced people must make their own relocation decisions.)

COMMUNICATION . . . . .I (c)

Present information exchange media:

1. Radio
2. TV
3. Newspapers.

Methods of communication affect rate of development of a civilization.

Statistics indicate rapid growth of devices that interrupt activities of people. (Telephone, meetings, etc.)

If the present rate of increase in communication demands continues, it will reach the human capacity level in 30 to 50 years.

The increase in social communication in "bits-per-second" and the social use of physical energy is a side of life which has been beneficial in many aspects, but is getting out of control.

Technology depends upon the evolution of subspecies of language.

I (b) con't

Fragmentation of knowledge has been an impending "disaster" facing universities since 1918.

In the past, culture and technological progress has flourished where communication rates were highest.

EMPLOYMENT (WORK AND LEISURE) . . . . I (d)

Within the next decade we will have the equivalent of 200 free days and 165 work days. (Based on 8 hr. work day)

Boris Praegle, Academy of Medicine predicts a 20-hour work week in 1970. The Russians have set up an educational program for a 3 hour workday by 1984.

The length of work week in the U.S. is reducing . . . . but slowly.

We don't have a 40-hour week . . . it's closer to 49 hours per week because of :

1. Moonlighting
2. 1 1/2 hours travel to and from work
3. 5 hours work around the house
4. 2 1/2 hours shopping.

Perhaps the most dramatic effect by 1976 on leisure time will be to extend the length of period of paid vacation. (4 to 6 weeks.)

A "Service Society" is developing which will involve some 80% of our people.

In the future, a very large portion of all our trained people will be in professions.

Television watching occupies the largest portion of leisure time of any other leisure activity.

ECONOMICS . . . .
SECTION J

The greater the excess of need (desire of individual) over the actual income of an individual, the greater the probability of a psychoneurosis situation.

Cleveland studies show their conjested areas to be of maximum cost to the city. . suicides, murders, tuberculosis, prostitution, juvenile delinquency, etc., that was costing the city 4 to 5 times what it received in taxes from the area.

Economic arguments in land use are compelling in situations involving zoning. (land use - sq. ft., etc.)

Zoning laws are often a reflection of powerful economic interests, and not the decisions of planners.

Wage rates in small cities (under 35,000) are often 30% less than in a major metropolitan area.

Private money and financing can generally be found for an area only when it is on the way up. As soon as there are signs of deterioration (e.g. - apartment houses in single-family neighborhoods) it is difficult to get money for improvements.

Public parks take much potentially productive land out of economic use. New York's Central Park originally was a happy and safe place. People slept in the park in hot weather. No longer safe to do!

Rising incomes have opened leisure activities to middle income people that were formerly restricted to upper-income groups. (Boating, golfing, etc.)

Retired people are expected to have higher average incomes in the future.

In many instances, income brackets dictate living in the suburbs.

Differences in financing of apartments and single family housing caused many to take the latter when they wanted the former.

Heterogeneity is one way of providing adequate financial support for necessary community facilities. (e.g. - schools)

Privacy, to a large extent, is determined by financial means to provide it.

CITY SIZES AND CHARACTER . . . . . .

SECTION K

(a) General
(b) Growth and Boundary Characteristics
(c) Density Characteristics
(d) Research

GENERAL . . . . K (a)

Types of cities:

1. "Garden City" self-sufficient ideal of 30,000 or so
2. One-class suburban "dormitory" city often larger
3. Central, older residential area of the metropolis
4. Rapidly growing and changing smaller community with a long history
5. Sprawling amorphous suburban areas.

Industry often seeks small cities (under 35,000) for new plant locations. Indicate greater productivity than in large city or in a suburb.

The individual living in a city actually belongs to a great number of "communities".

Analysis of study in Baltimore indicated that delinquency was fundamentally related to an essentially non-housing factor rather than to the physical and economic aspects of housing itself.

Social pathology decreases as distance from the center of cities increases.

Delinquency rates are highest at the center of cities and decreases as distance increases.

GROWTH AND BOUNDARY CHARACTERISTICS. . . . . K (b)

The major population movement in the U.S. has not been to the city but really from the city to the suburbs.

In 40 years, New York and Philadelphia will have nearly touched each other.

Up to 1940 most cities had a sharp boundary between a relatively high concentration of housing and the surrounding farmland. The auto and telephone has now relaxed this sharp boundary. (Also electric power, good roads, etc.)

K (b) con't.

Community "limits" are continually in forms not readily accommodated by existing political and government boundaries. (e.g. — traffic.)

From 1949 to 1953 Los Angeles lost population to the suburbs. The trend has since reversed itself (starting in 1954).

DENSITY CHARACTERISTICS . . . . K (c)

There are limitations of population which are functions of social pressures which are in some way dependent on density . . . Christian.

"Population Potential" rather than "population density" is generally considered a more useful sociological study tool.

A density of 30,000 people per square mile is very common.

In Britain, 11 and 12 families per acre is considered humane. The comprehensive plan of Philadelphia permits 120 persons per acre in the center of the city. (note . . not families as such)

Generally, as a city grows in size its central core increases in density.

Well-designed open space can permit more density with better over-all results.

In studies of rats, homosexuality increases markedly in over-crowded populations. (Even where overcrowding is by choice)

Density and open space are two critical factors for which better criteria are needed.

We may not have yet arrived at maximum densities permissible as evidenced by public housing studies.

K (c) con't.

Measures of "Crowding":
1. Person-density
2. Person - per - house
3. Persons - per - room
4. % of ward population at density
5. Population - per - net - acre
6. Doubling - up
7. Dwelling units per building
8. Sleep - crowding .

RESEARCH . . . . K (d)

Is "density" a direct reflector of social pressure?

Is it possible to establish and maintain "small communities" (Social groupings) within high density areas?

Unproven suspicions are that high density areas have lower birth rates and a higher incidence of disease.

Inducements (propositions) for limiting size of cities (concentration of population):
1. Colleges should be small
2. Civic action in small communities
3. Rat studies on over-crowding
4. Harassment Levels
5. Influence on children
6. Methods of communication have changed from face-to-face method required in earlier history.

EFFECTS OF "PHYSICAL ENVIRONMENT" . . . . SECTION L

(a) General Considerations
(b) In Relation to Social and
    Psychological Environment
(c) Occupancy Requirements and Changes
(d) Sensory Influences
(e) Suggested Research

GENERAL CONSIDERATIONS . . . . L (a)

Although physical and social aspects of environment seem to be hopelessly tied together, one may choose to begin improvement by changing the physical environment, recognizing or hoping that desirable social changes will follow.

The physical environment may be the most manipulable of total environmental conditions. (Potentialities: prevention of mental illness; promotion of general welfare of population; development of better cities).

The physical structure cannot be desirably manipulated unless one understands its influence.

"Culture" is the predominant aspect of the environment regardless of the physical situation (within discomfort extremes).

The physical structure of particular housing may be a crucial factor determining the kinds of contacts and friendships that one establishes.

Guilt feelings about an inferior performance may be experienced when physical environment is unfavorable although actual performance might have been adequate for the purpose.

In planning the physical surroundings, it seems generally agreed that to keep individuals healthy, the regular environment must be "restful". (e.g.-colors, etc.)

As available leisure time increases people will want places where they can spend a couple of days outdoors but the majority will want comfortable motels in the process.

Basis for Olmsted's work (city parks) was that the provision for outdoor recreation would lead directly to mental health.

Physical environment has to be viewed as a part of the total social and cultural environment.

Physical environment has an effect on individuals only as it is perceived by them.

L (a) con't.

We tend to use physical environment in a too gross and generalized sense. (Should include distance to work, etc.)

Physical environment has aspects of distance, time, and meaning which affects the actions and attitudes of people.

The French have learned happiness without extensive manipulation of environment.

The reality of the city-park problem is how to obtain space for children to play where they won't get run over.

"Rhythm" as an inherited factor in organism may be unbalanced by overcrowding, with pathological results. (affects hormones, vitamin level, etc.)

Would man be happier if he lived in the "city beautiful"? (Algiers . . . Leopoldville . . . ?)

Ignore "physical" environment as a factor.

IN RELATION TO SOCIAL AND PSYCHOLOGICAL ENVIRONMENT . . . . L (b)

Social and psychological environments are parts of the physical environment.

Physical environment is, inevitably, social environment at the same time.

Physical arrangements must be related to the social value scheme of the individual or individuals.

The natural physical environment in the U.S. has only secondary impact to the effects of culture and socially determined factors of environment. (Air conditioning, heating, clothing, etc., makes physical environment alterable.)

Effects of the physical environment is mediated by the social environment and so many other factors tend to be fed in that it is difficult to isolate where the physical environment really has an effect.

L (b) con't.

Experiments (Maslow & Mintz) of performance of people in a "pleasant" space as opposed to "unpleasant" space reveal a marked increase in generation of ideas, better performance, etc., in the "pleasant" space. (Involves social status of the occupants . . e.g., social environment as well as physical)

A lot of the things that we are and our responses and reaction at the time, are dependent upon the stresses or stimuli that impinge upon us from the physical environment at any one moment.

Inability of an individual to alleviate undesirable physical environment can cause stress resulting in tension which will prohibit him from using his best capabilities in working at pressing problems.

Designing a new physical structure seems to have little effect on changing the habits of people. (Unless the people motivated the building of their new quarters)

Studies reveal that the more miserable the environment, the higher the rate of clinical mental illness.

West End Study results:
"Culture" (effects) and personality variables dominate, and the physical environment is probably not an active variable at all.

"Surely only in the rarest instances does 'physical environment', as such, play a role upon mental health."

Studies on rats suggest that physical environment may be important in formative periods of social behavior and less important after social structure has become crystalized.

What are the effects of the dwelling upon children, thru their formative years?

OCCUPANCY REQUIREMENTS AND CHANGES . . . . L (c)

Buildings last for 50 to 100 years. Actions taken now establish patterns of life 50 years from now.

L (c) con't.

Use of buildings change about every 20 to 30 years.

Buildings should be designed for multiple uses - (Don't know needs 20 to 30 years from now)

Would buildings provide better and more satisfactory occupancy if left completely unadorned to make it easier to meet the needs of various occupants?

SENSORY INFLUENCES . . . . L (d)

Elements of physical environment have observable effects on humans such as:

1. Hydrocarbons in air - mucuous membrane
2. Carbondioxide in clouds - increasing
3. Carbonmonoxide in cities
4. Noise
5. Chlorine water
6. Pesticides.

(All tend to occur in greater concentrations in crowded situations)

People condition themselves to common elements of their environment. (e.g. - certain types of noise)

Adverse physical stimuli, such as noise, may have a cumulative effect on people by the end of the day. (e.g.- auto horns, noise at an amusement park, etc.)

Salye's work gives evidence of effects which can be produced in an individual organism through sensory and direct physiological channels. (e.g. - trip-hammer sound affects ability to solve problems and therefore may contribute to ulcers.)

Amount of light is important to performance of certain tasks and relates to both capacity to perform and resultant stress. (other physical environment factors are also relevant)

Certain colors and certain sounds make some people sick.

Noise can create a loss of sense of time, of balance, and physical symptoms in the fingers.

Signal to noise spectrum studies reveal a wide area in the middle across which people are adjustable. (Varies with background of person)

Accident rates increase rapidly at extremely high temperatures.

Mood and state of mind can be produced with light.

A "perfume" of noise may be better than absolute silence for people.

Should environment be designed for the pleasure of the senses?
1. Eyes?
2. Touch ?
3. Balance?
4. etc.

Need establishment of:
1. Levels of noise that can't be tolerated
2. Colors that radiate heat
3. Colors that radiate visual excitement.

"Stress" may be caused by adverse extremes of temperature and possibly other physical elements of environment.

"Stress" is mediated through meaning and may therefore be unrelated to physical environment, as such.

SUGGESTED RESEARCH. . . . . L (e)

Planners:
Maybe the physical environment means absolutely nothing and people will adapt to almost anything you give them?

There may be no connection between physical environment and mental health.

L (e) con't.

Architectural researchers are currently concerned with the need for controlled laboratory experimentation with space perception.

"Space" studies must also take into account life situation as well as physical aspects.

Research on effects of architecture (e.g. - working in a multi-story building within a foot or two of a glass curtain wall) needs to be conducted.

"Space" may have a direct effect on mental health. (Claustrophobia: socially reputable to live in big rooms rather than little ones, high on hills rather than valleys, etc.)

M.I.T. Thesis (White) is conjectural, but is suggestive of kinds of physical arrangement or facilities that might influence behavior.

Long term effects of physical environment should be considered for its effect on humans.

If one succeeds in overcoming all climatic problems by complete control of the physical environment, does one degenerate physical rigor?

Does physical fibre degenerate in succeeding generations of wealthy families?

Physical inventory survey (house, furniture, etc.) might be helpful in relating environment to reaction to crisis.

Example of affecting social environment:

1. Arrange block of houses with play area in the middle, vs;
2. Put them together with grass around the outside.

What are the factors in physical environment that have an effect on human behavior and what effect do they have?

What areas, if any, are there in which mental "stress" is a factor of physical environment?

L (e) con't.

Draw up a list of physical variables consciouly manipulated by planners; engage someone to study range of variations found in social groups.

Can research (and conferences) lead to applicable principles that can be used in manipulating physical environments?

What effect does landscape have on individuals?

It has not yet been proven that substitutes for open space and greenery cannot provide the needed ingredients to maintain mental health.

There is no way of determining, at the present time, whether an individual, group or society could exist underground in a completely artificial environment.

ARCHITECTURE AND PLANNING OBJECTIVES AND INFLUENCES . . . . SECTION M

(a) General
(b) Objectives and Functions
(c) Planning Considerations and Methodology
(d) Human Requirements
(e) Suggested Research and Informational Needs

GENERAL . . . . M (a)

"We are living, quite literally, in the presence of an explosion of knowledge . . . not just population". (80 yrs/life-span)

Population in the U.S. is now increasing at the threefold per life-span rate.

1958: 1,200,000 houses built (250,000 prefabs).
1958: 400,000 mobile homes built.

"Man is the product of a continual learning process in which he biologically and psychosocially learns to adapt to experience. In the continual process of adaptation, the basic constitution is modified by the external environment. Increasingly, the external environment is being created by man and is affecting man in innumerable ways."

Planners have been accused of considering the physical environment as something separable from the cultural environment. (Is physical environment inevitably the product of the culture?)

Often one group of people is currently planning strictly the physical environment and another group is planning the social environment.

When social science becomes involved and responsible for decision making it might arrive at a feared "totalitarian" system.

Involved with planning:
1. Engineers
2. Architects
3. Economists
4. Sociologists
5. Public Health people
6. etc.

City planning today seems to be accepted primarily by intellectuals although no one is yet sure that all the values are the right values.

City planning has had an early influence by architects and engineers; therefore physical characteristics have been emphasized.

The future of cities is presently being shaped in the fringe areas where there is little effective planning.

Mental health is optimum when people have opportunity to observe and decide for themselves. Edicted redevelopment schemes violate this basic premise.

City planning comes into being because of public recognition of needs:
1. Traffic problems
2. Annoyance of slums
3. More attractive city

(where the objective is less tangible, it is difficult to obtain needed public recognition).

The total approach to city planning can have a tremendous influence on many of the social issues.

"Every problem ultimately seeks its own community for resolution". Should planners attempt to eliminate problems so they won't need to be resolved?

Planners and architects would like to know:
1. What are the objectives (for a new project)?
2. How to effect the objectives by optimizing the physical environment?

The architect responds creatively to the needs of the total social environment.

For the architect, most decisions must ultimately be expressed in terms of space.

Architecture must meet the test of functionalism of the enclosed spaces with over-all esthetics included as one of the needed functions.

So closely is physical environment and social behavior interrelated that the architect cannot ever forget the social aspects; or the social planner, the physical aspects.

The feeling of chaos as reflected by concern for the city and the home may be a new form of unity in the process of being evolved.

OBJECTIVES AND FUNCTIONS . . . . M (b)

What is planning?
1. Pattern making thru recognition of existing fragments
2. Optimal science
3. Tradition against freedom from tradition.

Planning — "providing for alteration, variety and the unpredictable."

Two points of view:
1. Spectator
2. Participant.

(Architects and planners usually take the first view.)

Planners have the primary concern of preventing collapse of communities by integrating industry throughout residential sections. The architect can be influential in siting individual houses to take advantage of propinquity.

Planners have not been clear in statements of how what they are doing affects people.

Cities are planned in terms of predictions and decisions which are made on the basis of value judgements, which in turn change in the future and must be anticipated.

Four groups should work together on establishing planning "goals" for a community.
1. Planners
2. Legislative Groups
3. Other groups (Chamber of Commerce, citizens groups council of churches, etc.)
4. Developers .

M (b) con't.

No working definition of planning exists . . . . .
Temptation to say that planning is what planners do, but:

1. Planners rapidly change what they are doing
2. Does not mean the same thing when related to mental health
3. Need a conceptual scheme with definition and justification.

Programing (city planning) is a unique opportunity but guard against improper use of data.

City planning in the past has tended toward reducing problems and on this basis the "ideal" city would have no problems. Needed is formulation of a positive conception of metropolitan health which may well not be problem free.

Community Planning is a balance of functions - conflict of interests and power. Need positive approach.

One basis for city planning is that it should offer a freedom of choice (location and life styles) to a wide variety of populations within the area.

It is the rate of growth of freedom of choice that is important.

Planners seek to develop a physical environment which will maximize the value of freedom of choice.

"All planners can do is create the situations which would help create opportunity".

A planner thinks of being able to manufacture history.

"Planning"should, perhaps, include not only the setting up of a good situation initially, but should also be concerned with carrying it through in time.

Existing patterns of politics, economics, real estate interests, etc., may drastically affect ability to deviate from the norm with different approaches to physical planning.

One of the problems of planning firms is that often upon completion of a study it cannot be implemented. (Planning and education in conflict)

Planners can be perhaps more effective in seeing their recommendations effected if they work with the community-development adult-education variety of people from the community.

Sometimes it serves individual political advantage to be against planner recommendations.

Successful planning cannot be carried on apart from the continuing local government even though it may involve competent planners and community-organization adult-education people.

Formula for successful planning:
A leadership group composed of imaginative people from various disciplines with a harmonious balance between the social and the economic with adequate statistics with which to draw conclusions and formulate programs and priorities.

"How can we, for the good of the whole, persuade some people to be hurt or deprived temporarily for the benefit of the majority, so that in the long run benefits are maximized and hurts are minimized?"

"What designs for living can make it possible to accept technology, urbanization, all things that have been gained through civilization but at the same time make it possible for the highly individualized personality to find the possibilities for his own personal needs and aspirations in such fashion that he can live as an individual?"

One of the things missed in present "planning" is enabling the people, themselves, to decide whether they ought to do some planning.

M (c) con't.

New plans must reflect current "highest and best use", therefore cannot reflect ultimate in maximizing freedom of choice.

Factors in city planning:
1. Transportation
2. Spaciousness.

Political, social, and planning advancements must be corrdinated to be effective, otherwise, the wrong problems will be solved or an inordinate amount of money will be consumed.

Are we faced with a need for an artistic, esthetic endeavor to create a new design for living which will be validated not necessarily by scientists but by a sort of human biological assay?

For redevelopment considerations, all elements of the community must be recognized . . . even the power of crime elements.

Experience in some city planning (zoning) reflects recommendations based on research findings —about one percent; general feeling about social work (improvement of social conditions, esthetics, etc.) — about 9 percent; and the other 90% involved compromises about strong political forces.

Most "planning groups" in cities are limited to "physical planning", usually one year at a time. The budget people usually do the economic and cultural or social planning.

Non-profit corporations are having increasing effects on planning and community operations.

Existing charitable groups are the most difficult to affect in new zoning ordinances. (Have plant investment — must build next to what they have)

The problem of housing reforms is infinitely more complicated than simply "decent, safe, and sanitary".

The planners problems include priority of proprietory interests.

M (c) con't.

Architects and planners need a general theory of man which would include politics, mental health, and education. Goals can then be established.

Architects need continuing course work in factors related to political science.

The architect is charged by his client to develop the most useful building possible for the amount of money the owner has to spend. Usefulness must be anticipated for the economic life of the building.

Change in approach to architecture:
In past: Durable structure because changes of occupancy requirements were not anticipated.
Now: Occupancy in present form for not more than 20 years. Flexibility needed!

Architectural needs:
Services: (50 yr. demand)
Sewerage, water supply, electricity, etc.
(technological requirements)
Framework: pliability for windows, partitions, walls air space, heating, etc.

A landscape architect must aspire to be the conscience of society for man's action to nature.

A current trend is to move factories to the suburbs, build expensive housing for the executives, and leave the workers in town. (Counter the rush on transportation facilities and works out okay)

In planning a state, a time-scale of 100 years may be appropriate but in planning a neighborhood, 5 to 10 years is maximum.

Puerto Rico planning sequence:
1. Establish goals
2. Define alternatives
3. Set conditions for choice.
(relating physical, economic and social programs)

Three part planning objectives in Puerto Rico:
1. Operation Bootstrap – industrialization and improvement of per capita income
2. Operation Commonwealth – solution to political problems
3. Operation Serenidad – (Serenity as in Venice in its glory).

The planner must include considerations involving commuity communication such as:
1. How widely is the local newspaper circulated, and does it have pictures in it ?
2. What makes the community cohere?
3. How does it resolve conflicts?
4. Etc.

Planning groups must decide:
1. What kinds of activities are to be encouraged in the community?
2. What levels of population density are to be encouraged?
3. What scale of industrial developmert ?
4. What kind of focal points should be created? (business, community, etc.?)

Setting up a series of recommendations for the use of administrators toward effecting improvements in mental welfare of the population is extremely difficult because it also establishes dichotomies.

Rather than degree of heterogeneity, planners should concern themselves with civil rights, slum clearance (improving living standards) , economic inequalities, etc.

Planners ought to be interested in individuals as well as group norms.

Planners need to take measures of manipulations of the environment which would reinforce the strategies of the organized system.

The class differences and habits of the professional intellectual class to which architects and planners belong may create false aims in planning for other groups.

Social Science can have no engineering until it has some science.

HUMAN REQUIREMENTS . . . . M (d)

The human learns to do things only by doing them. (Design new communities which will allow this to happen)

"The character of the community shapes the character and behavior of the individual".

To obtain maximum group interaction of individuals in a community it must be narrowly standardized which has an adverse affect on other desired planning objectives.

An individual's concept of himself may not be the same as the average of outside opinion but his concept must be taken into account when designing his physical environment.

No one solution can provide best environment for people from different life experiences and backgrounds. (Ethnocentric concept)

For planning purposes: What are the desired social, economic, political and religious values?

What kinds of cities are simpatico for what kinds of people?

"The modern city is the least humane physical environment made for man in all time."

Outdoor landscape can be used for learning the living processes to later be used in the expression of design of physical environment.

In planning, architects too frequently plan for people rather than planning with people and letting them plan for themselves.

There should be more serious effort made to broaden the alternatives through which given ends can be achieved.

Is the "maximizing" of freedom of choice of contacts the objective of planners?

SUGGESTED RESEARCH AND INFORMATIONAL NEEDS . . . M (e)

Planners can use information developed from mathematical models for certain aspects of a city. (Study technique)

One way to find out what goes on (changes) in a metropolitan area is to analyze communications.

Sweden is a good reference example for studying effects of controlled planning.

Sweden is a "unified culture". Not so in U.S.

Stockholm has the highest divorce and suicide rate in the world. (alcoholism is also high, but exceeded by Japanese)

To keep auto congestion down in Stockholm, a high tax is place upon autos. (also affect national economy by reducing imports)

Would Swedes rather be someplace else?

Have Swedes done research about relation of housing and city planning to mental health?

Examples are known which involve the design of new towns by architects and planners in which degeneration of the town took place at a phenominal rate. Why?

How can we introduce something to make communities of various sizes identifiable to the people who live in them?

What are suitable norms for housing and community planning for all classes of people?

A pattern should be found with which to incorporate the aged into the community.

How to handle the serious problem of human relations involving older, mostly widowed, women in our society?

Research people and community developers seldom get together.

M (e) con't.

What are the social questions the planners would like to have answered ?

Planner questions:
1. What kind of urban centers do we want?
2. What kind of social situation are we trying to create?
3. How important is a high density center?
4. How desirable is high density living vs. high density working?
5. What is total meaning and costs of dispersion of population into single-family detached houses?

Mental Health studies could contribute to decisions concerning:
1. Housing
2. Relocation
3. Zoning
4. Education
5. Juvenile delinquency
6. etc.

"Planning" research is presently only getting started (1956: 5 years old)

COMMUNITY ACTION PROGRAMS . . . .
SECTION N

The healthiest communities (and individuals) are ones that have awakened a sense of social responsibility, political responsibility, and a sense of partnership with government in development efforts.

Organized efforts to stimulate communities into identifying their problems and doing something about them seems to be a successful method of elevating the aspirations of individuals and improving the current state of affairs.

Community organizations may be one way of maintaining individual and collective pride in neighborhoods.

People in communities say they enjoy the neighborhood more after they have been involved in joint community activities.

Of most new suburban areas there is no direct local government to deal with group problems.

To have experts solve all of a community's problems and then expect people to do any problem solving themselves — will not work.

Each community should itself shape its physical environment.

Community development programs can desirably affect habits, attitudes, values, etc., that give people satisfaction of democracy in action.

Organized efforts to familiarize individuals with their community problems and then for them to have been given the opportunity to do something about the problems has produced, in some cases, remarkable community action programs with apparent mental benefits to some of the participants.

Community "stimulators" seem to be one way of generating interest and enthusiasm in communities. (Could be an organization with urban "agents" comparable to agricultural extension aid.)

Community work requires both non-directive leadership and directive leadership.

One of the most potent educational instrumentality that exists is the community itself.

Princeton experiment - when a shop owner decides to repaint or make alterations, a volunteer group with taste and experience advise him on color, etc., which he normally readily agrees to. (Results have been pleasant)

Community action programs have been based on:

1. Program allied with women of the community
2. State-city difference (thru university rather than the community)
3. Volunteer organizations vs. political set-up
4. Use sacred symbols to meet secular symbols
5. Playing parts of each against each other
6. Superior counter-intelligence system
7. Access to mass media
8. Hope to play federal level against state and city level.

The goal of community development is to generate the opportunity for goal-directed action of individuals. (e.g.- present in mobile home community but absent in a hospital)

Community development programs may result in "preventive psychiatry" by developing more healthy attitudes in the minds of the inhabitants of the community.

GOVERNMENT CONSIDERATIONS AND INFLUENCES . . . .

SECTION O

(a) General
(b) Public Housing
(c) Laws and Enforcement

GENERAL . . . . .O (a)

Government Objective:
In the role of enlightenment, assist people in trying to achieve the goals they want.

By taking forceful measures (transportation, water, sewerage, major public works, etc.) the degree to which the city can meet its objectives can be controlled.

Solutions to planning needs (economic development projects) must satisfy political criteria as well as the economic criteria of highest maximum benefit cost ratio.

Opponents to metropolitization point out that each problem defines its own community. (i.e. air pollution, sewerage, freeways, etc.)

Political boundries thru metropolitan areas make long-range planning extremely difficult.

Planning is an integral aspect of politics. To be successful it must elicit sanction by the chief executive.

Leaders of "power groups" in metropolitian areas rarely get together on issues.

Leisure cannot be planned. All that government can do is to plan recreation facilities with the intent and hope that people will be attracted to use them during their leisure periods.

Policy traditionally dictates low income (minority groups) should stay in the middle of the city.

The governing body (legislature) makes the final decisions on planning.

U.S. influence in other countries is hampered by lack of self example . . . a wide discrepency between word and action (e.g. - - integration) yet philosophy of democracy runs counter to closing the gap . . . it embraces a slow change of consensus by the popular voting process.

American "goals" have not been defined although the attempts to do so have been many.

O (a) con't

No known paths for the development of countries exists for which realization of aspirations is a certainty. A multiplicity of paths can be taken for which most will be unproductive and may generate hatred toward the country trying to help them.

Over specialization in governmental functions can prohibit action as rapid as needed to meet new situations.

Problems cannot be legislated out of existence.

PUBLIC HOUSING . . . . O (b)

Need for public housing is diminishing in areas other than the largest metropolitan cities.

Should governmental policy on public housing be altered to develop a way in which occupants "own" their premises?

It would take less subsidy from the government to do public housing on a simple, outlying, small house basis than in the big city projects.

Federal law requires federal ownership of public housing.

LAWS AND ENFORCEMENT . . . . .O (c)

Studies of groups in the lowest social order reveal that 40% have been involved with the law.

People would have punishment fit the crime in relation to their own needs and values.

Public opinion is followed in enforcement of law.

The law is itself, and effective teaching instrument as far as the over-all population and its attitudes are concerned.

PUBLIC HEALTH CONSIDERATIONS . . . . SECTION P

Mental health of the individual is one significant portion of Welfare. Community Welfare has a major effect upon an individual.

Public health includes:
1. Environmental control - purification of water, sewage disposal, etc.
2. Resistance to disease - innoculation, periodic examinations, nutrition, etc.
3. Public education - health habits.

Most investigations, during the last 50 years, have found a relationship between housing quality and physical or social pathology.

Observations indicate that many health and social disabilities have greatest prevalence in slum neighborhoods.

Hospital admissions (Copenhagen) of slum children were at least twice as high as from well-housed children (all types of disorders).

Cincinnati study showed 65% of pneumonia cases came from slum tracts comprising only 25% of the population.

That housing plays a central role in health and well-being, is a commonly held pragmatic belief.

Of 16 studies dealing with some aspect of social adjustment, 11 found a positive relationship with housing, 4 null results, and 1 negative.

Schizophrenia disables —does not kill. "Approximately one out of four hospital beds in the U.S. is occupied by a schizophrenic patient — hospitalized, on the average, for several years.

Four attacks on schizophrenia:
1. Infectious agent (diet)
2. Biochemical
3. Genetic etiology (heredity)
4. Psychogenic (Freud)
5. Sociogenic (double-bind)
6. Eclectic (product of many forces) .

What will be the result, in terms of public health, of the 30 hour week?

RESEARCH APPROACHES AND SUGGESTIONS . . . . SECTION Q

"Operations research" (using various disciplines) has been extraordinarily successful.

The "operations research" technique could be effective in planning (e.g. - a house or housing for the aged) provided objectives could be agreed upon in advance.

Study techniques of group dynamics can uncover equivalents between environment and how people react to it.

Results of "General Systems Research" to date (5 years) indicates that systems applicable to one science rarely can be applied to another.

The "system approach" to human behaviour defines:
1. Variables . . . anything that can be named and recognized. Scale: Zero to one, absence or presence.
2. Function . . . a correspondence between two or more variables determined by a rule or relation.

Types of "systems" in the systems approach to human behavior:
1. Conceptual . . formal systems - verbal, mathematical, logical formulation or computer simulations
2. Concrete . . . real or veridical, living or non-living are continuous bounded regions in physical space time
3. Abstracted . . sets of correlated or inter-acting relationships within or among concrete systems.

Levels of "systems":
1. First system
2. Subsystem
3. Supersystem
4. etc.

(Five levels include most of the types of living systems.)

Organized complexities or systems model:
1. growth process
2. organization process
3. communication
4. stabilization process
5. purposive process
6. creative process .

DEFINITIONS . . . . SECTION R

(a) Mental Health
(b) Total influences
(c) Miscellaneous

MENTAL HEALTH . . . . R (a)

To define "mental health" and "environment" is difficult because of no fixed boundries as in the physical sciences.

One definition of Mental Health might be, "a type of behavior which maximizes the total satisfaction of both the individual and his community."

One definition of mental health implies such factors as:

1. Diminished bickering
2. Getting along with neighbors
3. Liking the neighborhood
4. Being a good citizen.

"Mental health is the sum of all individual mental healths." (Community, society, region or collectivity of persons) — Jahoda.

"Health is the absence of disease."
"Mental health is the absence of mental illness."

"Mental Health is the ability of an individual as an occupier of social roles and as a personality to move toward the achievement of his visions of the good life and the good society."

Mental health is concerned with private reactions and what is going on inside the individual involving his relationship to society and effects of its changes.

TOTAL INFLUENCES . . . . R (b)

The total mental health of our society is making maximum use of the time at our disposal?

"Effective environment is the impact of the existing physical environment." "Man-made environment is a potential environment."

R (b) con't.

Total environment contains:
1. location
2. space
3. services and facilities
4. social services
5. etc.

"The effective social environment is perceived as encompassed primarily by the family — extended kin, work associates, friends, neighbors, and others in their life span who are meaningful to them." Other dimensions include such diverse things as:
1. the physical aspects of the home and neighborhood where persons live
2. opportunities open to them
3. limitations imposed by class stature
4. abilities
5. motivations
6. aspirations.

MISCELLANEOUS TERMS . . . . R (c)

Freud: Neurosis is a condition in which a person tries to solve his problems in keeping with the demands of the environment about him.
Psychosis is a condition in which the person abandons this and goes off on a tangent.

"Communication" is a general term referring to one or another stimulus — response level. "Language" specifically denotes symbolic communication as on the human level.

"Social energies" include:
1. Objective activity which encompasses physical activity ("action")
2. Logical meaning (not much of typical human behavior is motivated by this) (essential for science)
3. Feeling
4. Legend
5. Conformity.

R (c) con't.

The term welfare includes the factor of "mental health".

Growth Development and actualization:
1. Motivational processes
2. Investment in living.

Integration:
1. Balance of psychic forces
2. Unifying outlook on life
3. Resistance to stress.

Autonomy:
1. Internal regulation and independent behavior
2. Non conformity when appropriate.

Perception of Reality:
1. Free from need, distortion and empathy
2. The assessment of other thoughts and feelings.

Environmental Masteries:
1. Ability to love
2. Adequacy in love, work and play
3. Adequacy in impersonal relations
4. Meeting situation requirements
5. Adaptional adjustments
6. Problem solving.

The creative administrator: "One who has solved the problem of filtering out the irrelevances with opportunity to meditate on meanings and consequences of the relevant messages. (50 to 200 varieties of such environment presently found within a city — "contact - retirement - contact . . . ")